



*Reflection Day 2*

*Virtual Retreat*

*2021*

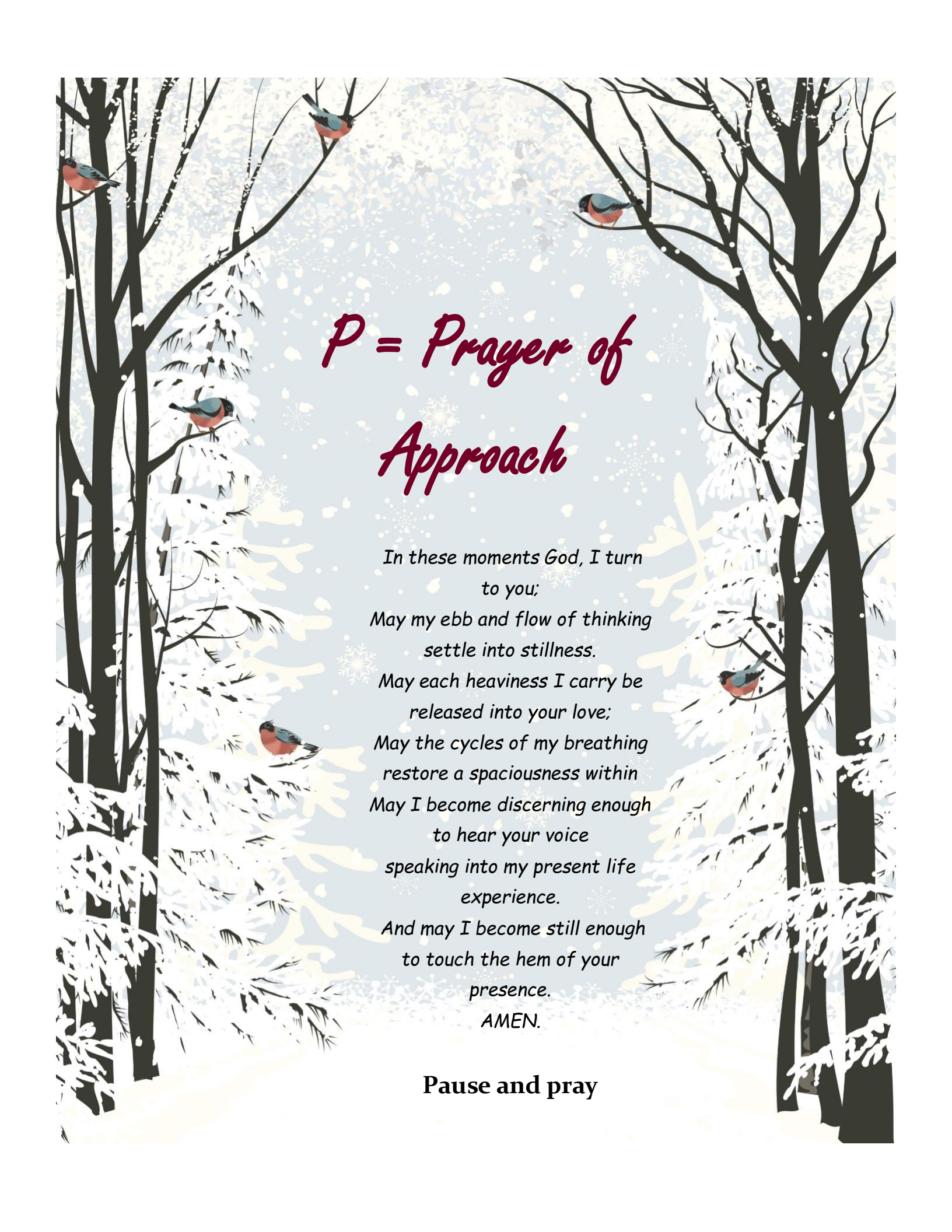
*P.R.A.Y.*

P ~ Prayer of Approach

R ~ Rejoice and Reflect

A ~ Ask

Y ~ Yield



*P = Prayer of  
Approach*

*In these moments God, I turn  
to you;  
May my ebb and flow of thinking  
settle into stillness.  
May each heaviness I carry be  
released into your love;  
May the cycles of my breathing  
restore a spaciousness within  
May I become discerning enough  
to hear your voice  
speaking into my present life  
experience.  
And may I become still enough  
to touch the hem of your  
presence.  
AMEN.*

**Pause and pray**



# *R = Rejoice and Reflect*

I choose to rejoice today in the  
wisdom of Your ways.

The Lord is my Shepherd - **that's relationship!**  
I shall not be in want - **that's supply!**  
He makes me lie down in green pastures - **that's rest!**  
He leads me beside quiet waters - **that's refreshment!**  
He restores my soul - **that's healing!**  
He guides me in paths of righteousness - **that's guidance!**  
For His name sake - **that's purpose!**  
Even though I walk through the valley of the  
shadow of death- **that's testing!**  
I will fear no evil - **that's protection!**  
For you are with me - **that's faithfulness!**  
Your rod and the staff they comfort me - **that's discipline!**  
You prepare a table before me in the presence of  
my enemies - **that's hope!**  
You anoint my head with oil - **that's consecration!**  
My cup overflows - **that's abundance!**  
Surely goodness and love will follow me all the  
days of my life - **that's blessing!**  
And I will dwell in the house of the Lord - **that's security!**  
Forever - **that's eternity!**

(Taken from *The Grand Weaver* by Ravi Zacharias)

**Pause and pray.**

The background of the page is a winter scene. It features several dark, bare trees with snow-laden branches. Small, colorful birds (possibly robins) are perched on the branches. The sky is a light, pale blue with falling snowflakes and a soft, yellowish glow, suggesting a sunrise or sunset. The overall atmosphere is peaceful and serene.

# *A = Ask*

What do you need most from the Shepherd today? Ask Him for whatever you need.

Loving Shepherd,

Thank you for taking such good care of me. Today, in light of what I am facing, I recognize I need \_\_\_\_\_ most from you today. Thus, in faith, I ask that as you hear and answer my prayer, that I would be discerning like the sheep and recognize the sound of your voice, and may I have eyes wide open to see your provision in this regard.

Amen



## 4 - Yield

As we return to this scripture passage, this time in a different translation, “I open my ears to hear your word and my heart to yield to your will once again”.

### Psalm 23 (by Taki Miyashina)

The Lord is my Pacesetter, I shall not rush;  
He makes me stop and rest for quiet intervals.

He provides me with images of stillness,  
which restore my serenity.

He leads me in ways of efficiency  
through calmness of mind,  
and His guidance is peace.

Even though I have a great many things  
to accomplish each day,  
I will not fret, for His presence is here;

His timelessness, His all importance,  
will keep me in balance.

He prepares refreshment and renewal  
in midst of my activity,

By anointing my mind with His oils of tranquility.

My cup of joyous energy overflows,  
surely harmony and effectiveness  
shall be the fruits of my hours,  
for I shall walk, in the pace of my Lord  
and dwell in His house forever.

A winter scene with snow-covered trees and birds. The background is a light blue sky with falling snow. In the foreground, there are several evergreen trees covered in snow. Black silhouettes of bare trees are also visible. Several small birds with red chests and blue backs are perched on the branches of the trees.

## *Closing Prayer*

Help me loving Shepherd, like a  
sheep, to yield to your call, and  
follow where you are leading me  
in these days.

Amen



*If you'd like to continue  
this time of meditation:*

**Music for Meditation:**

Savior like a Shepherd leads us

[https://www.youtube.com/watch?v=c8lhaey20CE&ab\\_channel=FernandoOrtega-Topic](https://www.youtube.com/watch?v=c8lhaey20CE&ab_channel=FernandoOrtega-Topic)

The Good Shepherd

[https://www.youtube.com/watch?v=3fIVTpziOzU&list=RD3fIVTpziOzU&start\\_radio=1&ab\\_channel=FernandoOrtega-Topic](https://www.youtube.com/watch?v=3fIVTpziOzU&list=RD3fIVTpziOzU&start_radio=1&ab_channel=FernandoOrtega-Topic)

He Will Hold Me Fast.

[https://www.youtube.com/watch?v=936BapRFHaQ&ab\\_channel=GettyMusicVEVO](https://www.youtube.com/watch?v=936BapRFHaQ&ab_channel=GettyMusicVEVO)

Sermon listening for further encouragement.

Psalm 23 : So Guidance is God's problem? By  
Hugh Palmer, Allsouls Church ( London  
England)

<https://www.allsouls.org/Media/AllMedia.asp>

X

When you click on the link go to search and type in  
Psalm 23 and " So Guidance is God's problem?